

CLAIMS

1. A composition comprising a green-yellow vegetable and a light-colored vegetable.

2. A composition according to claim 1 wherein the
5 green-yellow vegetable is at least one member selected from the group consisting of broccoli, spinach, parsley, *komatsuna* (*Brassica rapa* L.), Japanese radish leaves, and carrot, and the light-colored vegetable is at least one member selected from the group consisting of lettuce, cabbage, celery, and yam (*Dioscorea*
10 *japonica*).

3. A composition according to claim 1 wherein the weight ratio of green-yellow vegetable to light-colored vegetable is about 1:1 to about 1:3, calculated as raw vegetable.

4. A composition according to claim 1, further
15 comprising at least one member selected from the group consisting of bilberry extract, coenzyme Q10, astaxanthin, tocotrienol, pycnogenol, tea polyphenols, grape seed extract, methyl hesperidin, and brown rice powder.

5. A composition according to claim 1 which is a food.

20 6. A composition according to claim 1 which is a food for inhibiting the generation of blood lipid peroxides.

7. A composition according to claim 1 which is a food for suppressing an elevation of or for lowering blood TBARS levels.

25 8. A composition according to claim 1 which is a food for increasing blood vitamin E levels.

9. A composition according to claim 1 which is a food for enhancing blood antioxidant activity.

10. A composition according to claim 1 which is a food
30 for lowering blood active oxygen levels or suppressing an elevation of blood active oxygen levels.

11. A composition according to claim 1 which is a food for preventing or treating diabetic complications.

12. A composition according to claim 1 which comprises
35 therapeutically effective amounts of green-yellow vegetable and

light-colored vegetable, the composition being a lipid peroxide generation inhibitor.

13. A composition according to claim 1 which comprises therapeutically effective amounts of green-yellow vegetable and
5 light-colored vegetable, the composition being a blood TBARS level lowering agent or a blood TBARS level elevation suppressing agent.

14. A composition according to claim 1 which comprises therapeutically effective amounts of green-yellow vegetable and
10 light-colored vegetable, the composition being a blood vitamin E level increasing agent.

15. A composition according to claim 1 which comprises therapeutically effective amounts of green-yellow vegetable and light-colored vegetable, the composition being a blood
15 antioxidant activity enhancer.

16. A composition according to claim 1 which comprises therapeutically effective amounts of green-yellow vegetable and light-colored vegetable, the composition being a blood active oxygen level lowering agent or a blood active oxygen level
20 elevation suppressing agent.

17. A composition according to claim 1 which comprises therapeutically effective amounts of green-yellow vegetable and light-colored vegetable, the composition being a preventive agent for preventing or a therapeutic agent for treating diabetic
25 complications.

18. A method of inhibiting the generation of blood lipid peroxides, which comprises ingesting effective amounts of a green-yellow vegetable and a light-colored vegetable.

19. A method for lowering blood TBARS levels or
30 suppressing an elevation of blood TBARS levels, which comprises ingesting effective amounts of a green-yellow vegetable and a light-colored vegetable.

20. A method of increasing blood vitamin E levels, which comprises ingesting effective amounts of a green-yellow
35 vegetable and a light-colored vegetable.

21. A method of enhancing blood antioxidant activity, which comprises ingesting effective amounts of a green-yellow vegetable and a light-colored vegetable.

5 22. A method for lowering blood active oxygen levels or suppressing an elevation of blood active oxygen levels, which comprises ingesting effective amounts of a green-yellow vegetable and a light-colored vegetable.

10 23. A method of preventing or treating diabetic complications, which comprises ingesting effective amounts of a green-yellow vegetable and a light-colored vegetable.